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EMS

ITS

SEASON, CURE, & SURROUNDINGS.

BY

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PHYSICIAN AT EMS.

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PREFACE.



SINCE the publication of my father's "Guide to Ems*" many and important changes have taken place here. Thanks to the aid of physiological chemistry, the indications for a cure at Ems, as at all watering places, have been put on a sounder basis, and are more strictly defined than formerly. With the rapid development of physical *therapeia*, a number of establishments for this branch of medicine—now come quite to the front in the treatment of so many chronic diseases—have been opened in the town. Many alterations, too, in the place itself and in the management of affairs connected with the Ems Season have been made of late years. Hence it appeared necessary to republish the little book in an entirely new form. And since the object of this book is the same, I hope it may be as popular as its predecessor, and like it enable invalids to understand the nature and uses of the mineral waters, and at the same time help the English-speaking visitor to a fuller knowledge and enjoyment of our pretty health resort, and of the many places of interest in its neighbourhood.

ALBERT GEISSE.

Ems, January, 1902.

* Latest edition, 1883.

“ Nicht durch des Liedes stolzen Klang
Verherrlicht in den Nibelungen,
Nicht durch der Dichter Wettgesang,
Wie Koenig Rhein, von Ruhm umklungen,
Nein, schlichten Wesens, schoene Lahn,
Wallst du bescheiden deine Bahn ! ”

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EMS



EMS.



Ems as it was.

EMS, for a century past, one of the most popular watering places in Germany, was early known to the Romans, and in all probability owes its rise to the discovery of its hot springs with their curative properties, and to the treasure of silver and lead which lies hidden in the surrounding mountains.

That the ancient Romans were in possession of this part of the country, historical data and modern discovery sufficiently prove. The famous fortified Fence, called *Limes Romanus*, built by them to defend that part of Germany, which they had conquered from the wild Teutonic tribes, and which extended from the Danube in Bavaria to the Rhine down towards Cologne, led through Ems, and indisputable remains of this gigantic undertaking are still to be traced in the neighbourhood. Numerous remains, too, of Roman tombs, urns, vessels, lamps, weapons, vases, coins, *et cetera*, have been found in and around Ems, and are still, every now and again, being dug out.

Some old writers identify the town of Ems with the Vicus Ambiatinus of the Romans, at which place Agrippina, wife of Germanicus, son of the famous Roman chief Drusus, is stated to have taken baths before giving birth to the Emperor Caligula, a statement so far verified by Plato and Sueton, in that they write of a little village near Coblenz, as being the birth-place of that emperor.

Thus we see that the springs of Ems may very well have been known to the old Romans, but the first certain knowledge of them dates from the year eleven hundred and seventy-two.

Up to the year fourteen hundred and thirty-eight two baths only existed at Ems. They were, however, very large, and according to the custom of the times, persons of either sex bathed together, remaining in the water from four to six hours a day, the water having its natural temperature of one hundred and twenty Fahrenheit, and being continually renewed to keep it up. The waters were drunk to the extent of twelve pints, and were like the baths, taken twice daily, pretty good evidence that our ancestors possessed stronger constitutions than we of the present generation. What would patients now-a-days say if their doctor were hard-hearted enough to inflict such a penalty upon them?

The first buildings erected for the accommodation of invalids formed parts of the present establishment, known as the Koenigliche Kurhaus, which, to judge from its present appearance, must have been built at different periods.

The first medical treatises on the effects of the Ems waters date from the sixteenth century. From that time the number of visitors annually increased, and as accommodation was exceedingly limited—the Kurhaus being reserved for royalty alone—the numerous seekers after health were fain to content themselves with tents, each of which flaunted the colours of its respective owner.

Somewhere towards the close of the seventeenth century, the famous general Von Tuenengen began to erect the large turreted building called the Vier Thurme or "Four Towers," and from that time onward to the present day, house after house has sprung up, until the little bathing place has gradually become the good sized town we now find it, with a population of six thousand inhabitants.

Ems as it is.

PICTURESQUELY situated on either bank of the river Lahn, Ems lies in a valley, called the Lahnthal, distant only about six miles from the Rhine. High hills, rising to a height of one thousand four hundred feet, covered with magnificent wood of beech, oak, fir, and pine, rise in the distance, while down to the very town itself, lesser hills slope, upon whose broad shoulders lie far stretches of meadow-land, orchard and vineyard, that for fresh verdancy and floral beauty, vie with the carefully-tended pleasure grounds which border the right bank of the gently-flowing river.

Modern Ems divides itself into three parts : Bad Ems, and the old village Dorf Ems, lying on the right side of the Lahn, and Spiess Ems on the left side, along which run a succession of villas, situated at the base of the hill Malberg. Four bridges span the river : the Bahnhof-Bruecke, leading from the railway station ; the Gitter-Bruecke, or popularly the *Kurbruecke*, which is covered, and is for foot-passengers only ; the Kaiser-Bruecke, which crosses the river where the road divides the public gardens ; and the Remz-Bruecke lower down, better known as the *Eisen-Bruecke*, from the railway which runs across it in connection with the silverworks.

The sanitary arrangements of the town are good. The water, partly spring, partly filtrated river water, is perfectly pure, as proved by chemical and bacteriological examination made every year. The kitchen drains are air tight, the contents being received by the river under the surface, and each house is furnished with a carefully-cemented cesspool for the closets. The government buildings have a separate canalisation, leading to a filter situated well distant from the town, and so into the river.

Endemic diseases in Ems there are none, and for many years no epidemic of any character. A large healthily-situated hospital, known as the Diakonissenheim, worked by

Protestant sisters, and containing some forty beds, receives patients of all classes and religions. A small semi-detached building is reserved for cases requiring to be isolated. A hospital, also, in the Dorf, in charge of Catholic sisters, has now been opened. Sisters of both hospitals undertake nursing in the town and neighbourhood.

Another excellent institution is the Hospitalbad, adjoining the hôtel Prince of Wales, to which poor patients of all nationalities and religions, requiring the Ems cure, are admitted for the small sum of twenty *Marks* a week—or should the case so demand, *gratis*.

A home for Israelitish girls—principally orphans—is to be found in the lower part of the Roemerstrasse.

On the outskirts of the Dorf, overlooking a pretty valley, lies the *Friedhof* or cemetery. One of the monuments marks the resting place of the French and German warriors, who died in the hospital at Ems, during the Franco-Prussian war.

There are two Board Schools and an Infant School in Ems. The Gymnasium or Boys' College is situated at the extreme end of the lower public garden.

Of churches in Ems there are three Protestant; two Catholic; one Russian; one Jewish. The Pfarrkirche, or Parish Church of Saint Martin, dates from the sixteenth century. The little English church was first opened in the summer of eighteen hundred and fifty-seven.

The Buergermeisteramt or Mairie will be found opposite the English Hotel, and the General Post Office, with telegraph and telephone, close to the Wandelbahn.

The Kursaal, a fine large building, leading into the public gardens, was opened in the year eighteen hundred and forty-one, and it was here, in the Kurgarten, that some thirty years later the memorable event occurred which links the name of Ems with an epoch in the history of the new German empire. A white marble slab, called the *Benedettistein*, let into the

ground at the upper end of the Kurgarten, indicates the spot upon which King William was standing when he finally refused to listen further to the importunate demands of Napoleon III., conveyed by his ambassador Count Benedetti.*

The Wandelbahn or "Covered Walk," was erected in the year eighteen hundred and seventy-four, by the special desire of Kaiser Wilhelm I.

A fine monument of this monarch, erected in eighteen hundred and ninety-three, stands in the centre of the upper garden, an object of attraction to visitors of all nationalities. The base of the statue is seldom without floral tributes, amongst which the blue *Kornblume*, the monarch's favourite flower, naturally holds place of honour. Tradition accounts for the Kaiser's affection for the pretty cornflower thus :— When his mother, the unfortunate and heroic Queen Louise of Prussia, was forced by Napoleon I. to flee from Berlin, she took refuge in a cornfield, and in order to divert her children, she wove for them crowns and garlands of blue cornflowers. And it was in remembrance of this episode that her son Wilhelm, afterwards King of Prussia, and first Emperor of United Germany, chose as his emblem *die Kornblume*, for which reason the flower is dear to patriotic Germans, and is worn by them on all occasions that more especially mark the union of Germany.

In the centre of the lower garden stands the Catholic Church, beyond which lie the tennis courts and croquet grounds.

* July 13th, 1870.

THE SEASON AT EMS



THE SEASON AT EMS.



THIS opens on the first of May, and closes with the last day of September; but should the weather be mild, the waters may very well be taken quite a fortnight earlier and certainly a month later.

The climate of Ems is, as a rule, mild and dry. The hills, rising on three sides, shelter it from the colder winds, a fact of great importance for a health resort so largely frequented by persons suffering from catarrhal affections of the respiratory organs. Fog, in spring and in summer, is rare, and although, as autumn advances, present in the early morning and toward nightfall, is usually, in that season, but the precursor of several hours' delicious sunshine.

With many people, more especially the English, Ems has the reputation of being extremely hot and airless, and it is true that during July and August the temperature, in the daytime, rises very high. On this account, therefore, I advise those who cannot stand great heat to choose for their visit the cooler months of May and June, or to delay their arrival until the middle of August. Yet, however great may be the heat for a few hours during the day, always, before sunset, a fall of temperature is to be observed, which might be termed rapid, and which must be avoided by very delicate invalids. Thus the nights are nearly always cool, the welcome coolness I may here explain being due to the numerous small valleys which run into the *Lahnthal*, and which, owing to their position, remain during the greater part of the day without sun. When the temperature in the Lahn Valley rises, the cool air from these transverse valleys pours in, bringing rest and refreshment for the night.

For those interested in this subject, a table of meteorological observations, taken during the past six years, shows the temperature and humidity in the season months. But even on the hottest days excessive heat may be avoided, since a wire-rope railway, constructed on the hill Malberg, carries passengers in the space of six minutes' time, to a height of over one thousand feet, where a refreshing breeze is nearly always to be found.

Thanks to the river, Ems is abundantly supplied with water, and as each house has a hose—the use of which is compulsory—with which to water its share of the street, and as, besides this, water-carts ply the greater part of the day, the air is thus cooled and the dust laid.

Hotels and boarding houses are to be found in all parts of the town, with furnished rooms held in readiness for guests, and varying in price according to size, comfort, and situation. The greater number of houses lie on the right bank of the river, at the base of the northern hills, and have a southern aspect; but visitors wishing to avoid the sun of July and August, can find comfortable accommodation at the numerous villas, dotted here and there along the left bank. I would, however, advise invalids to consult their physician about choice of lodgings, since for many patients, proximity to bath-houses and springs is of the utmost importance.

About the sanitary arrangements there need be no anxiety, these being perfectly satisfactory.

Fresh milk is to be had in various parts of the town. The Swiss *Milch Anstalt* in the Wilhelm's Allée, kept by a native of the Canton Appenzelle, is much frequented and highly recommended on account of the pure milk, whey, and *Viper* kept in readiness for patients.

The General Post Office is situated nearly opposite the Wandel-Bahn. Letters, during the season, are delivered in the town five times a day.

The English Church, a small but pretty building, lies on the left side of the river, not far from the railway station. The time of service in this, and other churches, may always be seen in the *Kurliste* or strangers' list, which appears twice a week, and is to be had in every hotel. In the Russian Church service is seldom held, owing to there being no resident clergyman, and the English Church is of course only open during the season. For the benefit and amusement of visitors at Ems everything possible is done.

The Kursaal, situated in the Kurgarten, contains handsome rooms for reading, play, and refreshment, as also a fine hall principally reserved for concerts, instrumental and vocal, but once a week given over for the *réunion* or dance, which takes place every Monday evening. A tasteful colonnade, wherein all sorts of tempting ware is displayed, connects the Kursaal with the Kurhaus. Here, in the garden, a first-class band plays every morning during the time that invalids are engaged in drinking the waters, and again in the afternoon. In the evenings, too, according as the weather permits, a third concert is given, either in the garden or in the hall above referred to. The rooms in the Kursaal are open from nine o'clock a.m. to ten o'clock p.m. In the reading room the dailies and other papers of various countries are always to be found, and there is a good piano for the use of visitors.

Opening out of the Kurgarten, beautiful shady pleasure grounds stretch along the river, headed by the favourite Wandelbahn or covered walk, affording shelter alike from sun and rain.

Throughout the season numerous entertainments are given, such as : fire-works, illuminations, boat races, flower-corso, concerts on the water, *et cetera, et cetera*, all of which are announced beforehand in the *Kurliste*.

Besides these, operettas, comedies, *et cetera*, are given several times a week in the Hôtel Metropole.

Sports, too, of various kinds may be enjoyed. Any visitor, possessing a *Kurtax*, is free to fish in the river, save from the public gardens, which is at all times forbidden. Shooting is to be had by applying to the Mayor for a license—cost, three *Marks*—the only condition attached being that the applicant shall shoot according to the game laws of the country, and under the guidance of the appointed keeper.

On the river swimming baths are erected with all suitable accommodation for bathers, male and female.

Three good-sized gravel courts offer lovers of tennis every facility for the enjoyment of this favourite game. Balls and rackets are to be had on the spot by applying to the keeper, and little red-coated boys are in attendance to pick up the balls. Arrangements are also provided for croquet and skittles.

And everywhere in this delightful pleasaunce, beautiful trees offer shade and fragrance, underneath which benches are set, affording opportunity for rest and pleasant converse.

Leaving the gardens, walks are to be found in all directions, the hill Malberg alone affording numerous paths that seem to tempt onward and upward. By employing the wire-rope railway long rambles may be enjoyed on the summit without fatigue.

Beautiful drives and rides, leading to neighbouring places of interest, lie on both sides of the Lahn. Carriages stand in various parts of the town ready to be hired, and mules and donkeys are always to be had: a police tariff regulates the price. By those whose time is not occupied by the "Cure," delightful excursions may be taken by rail or cycle.

The season at Ems brings every year some thirteen thousand strangers, who seek restoration of health or perchance only rest and distraction from the cares and business of this work-a-day world. Besides these may be reckoned about seven thousand passing visitors, who remain perhaps a few days merely to see the place and to visit objects of interest in its vicinity.

METEOROLOGICAL READINGS FOR EMS DURING THE SEASON MONTHS
OF THE YEARS 1898, 1899, AND 1900.

TEMPERATURE (*Centigrade*).

	Year.	May.	June.	July.	Aug.	Sept.
Average of the Maxima.	1898	18·10	23·10	21·60	25·50	21·00
	1899	19·40	22·64	24·74	25·20	18·91
	1900	19·06	24·53	26·53	23·40	19·97
Average of the Minima.	1898	8·83	11·20	11·50	11·90	8·30
	1899	7·28	9·93	13·33	12·55	10·47
	1900	7·00	12·23	15·10	12·95	9·40
General Average.	1898	12·97	16·80	16·50	19·30	15·01
	1899	13·06	16·72	18·48	18·45	14·20
	1900	12·75	17·39	20·10	17·37	13·98

RELATIVE MOISTURE.

Year.	May.	June.	July.	Aug.	Sept.
1898	85	86	80	84	82
1899	82	79	83	80	86
1900	81	85	86	83	86

CHARACTER OF THE DAY.

	Year.	May.	June.	July.	Aug.	Sept.
Cloudless. Some Clouds.	1898	1	3	5	13	12
	1899	4	11	4	8	6
	1900	6	5	7	3	7
Temperature up to 25°	1898	4	11	6	17	6
	1899	4	10	18	17	3
	1900	6	11	20	8	—
Wet.	1898	9	8	8	4	1
	1899	10	7	7	5	21
	1900	6	13	15	10	6

COMPARISON OF TEMPERATURE BETWEEN EMS, HOMBURG, AND WIESBADEN,
FROM APRIL TO OCTOBER IN THE YEAR 1899.

	April.			May.			June.		
	Ems.	Homburg.	Wiesbaden.	E.	H.	W.	E.	H.	W.
Average Temperature,	9·7	9·8	10·5	13·0	11·4	14·1	16·7	14·0	—
Maximum,	20·5	18·0	21·0	28·0	28·0	26·4	29·5	30·0	29·0
Minimum,	-1·5	0·0	0·8	1·0	4·0	3·6	3·0	11·0	8·6

	July.			Aug.			Sept.			Oct.		
	E.	H.	W.	E.	H.	W.	E.	H.	W.	E.	H.	W.
Average Temperature,	18·5	17·9	19·9	18·4	19·9	20·4	14·2	14·3	15·3	8·7	8·9	9·7
Maximum,	32·5	32·0	33·4	32·0	32·0	32·4	27·5	28·0	29·4	20·0	17·0	19·8
Minimum,	-8·5	12·0	10·6	7·5	12·0	8·8	5·0	6·0	6·0	-1·5	0·0	0·6

THE CURE AT EMS



THE CURE AT EMS.



The Ems Springs.

THESE are numerous and abounding, welling up warm from fissures in the rocks on both sides of the Lahn, but since many of them issue in the bed of the river, a comparatively small number only can be utilised.

Most of the springs used for drinking are in the Kurhaus, and belong to the Government. They are named respectively, Kaiserbrunnen, Kraenchen, Fuerstenbrunnen, and Kesselbrunnen. Besides these, the administration of the Koenig-Wilhelms-Felsenquelle owns three springs, discovered in the years eighteen hundred and sixty-five and sixty-seven, at the back of the Nassauer-Hof. These springs are used both internally and externally, and the bath-house in connection with them is attached by covered passages to the Hôtel Vierjahreszeiten and the Hôtel de l'Europe.

There are baths in the Kurhaus, and at the lower end of the town is the bath-room of the Vier Thurme, built in the year eighteen hundred and forty-four.

On the other side of the river the Hôtel Roemerbad possesses a private spring for bathing and drinking purposes.

On a line with the Kurbruecke, connecting it with the Kurhaus, stands the Koenigliche Badeanstalt or Neues Badhaus, erected in eighteen hundred and fifty-three—about to be greatly enlarged and furnished with all modern improvements for physical *therapeia*. Close to this building is the *Neue Quelle* or "New Spring," which supplies not only

this but most of the other bath-houses, the water being taken to the other side of the river by a pipe attached under the Kurbruecke. This copious spring, which was enclosed in eighteen hundred and fifty, is the hottest of the Ems waters, showing a temperature of one hundred and thirty-five to one hundred and thirty-seven degrees Fahrenheit.

The waters of Ems belong to the alkaline muriatic thermal springs, which is to say that the principal ingredients are: the bicarbonates of soda, chloride of sodium, and others, as shown on Table of Chemical Analysis.

With one exception, the Ems springs used for drinking are, as regards the solid ingredients, nearly identical, and vary only in temperature and in the quantity of carbonic gas. The Kesselbrunnen, for instance, which shows a temperature of one hundred and sixteen degrees Fahrenheit, contains but little carbonic acid, while the Victoria Brunnen, the coolest of these springs, and showing a temperature of only eighty-two degrees Fahrenheit, contains a fair quantity of this gas.

Over ten million bottles of Ems thermal waters are exported annually to every part of the world. Patients advised to drink these waters at home can have them sent by the administration of the respective springs, or by any of the several shops which deal in mineral waters.

The Ems salt, which is sold in small bottles, and as pastilles, is a soothing remedy for sore throat. These are to be had at the places above-mentioned and from the chemists. Over two hundred thousand boxes of pastilles are exported annually.

The waters of Ems are used as drink, gargle, inhalation, and douche. They are pleasant to the taste and soothing to the throat. For the use of the waters a tax of three marks is imposed; tickets are to be had at the springs.

Rooms for gargling purposes—separate for men and women—are reserved in a building adjoining the Kurhaus. Many patients, however, in order to avoid the agreeable and

harmonious sounds, which, although quite unnecessary, so often accompany this performance, prefer to carry out this cure in the privacy of their own apartments.

During the height of the season bath-houses are open from six o'clock a.m. to seven o'clock p.m. At the beginning, and towards the close of the season, they open half an hour later. Each bath-house has a staff of efficient attendants, trained to apply massage and every form of hydropathic treatment.

Bath-rooms are furnished according to the price marked above each door, and a ticket gives the possessor the right of occupation for one hour. Warmed sheets and ordinary attendance are included, but a douche and other treatment requiring special attendance must be paid extra. Vapour baths can be had at the new bath-house. All the above mentioned bath-houses, with the exception of that of the Four Towers, have rooms for the inhalation of aerified mineral water. Of late years several establishments have been opened which contain not only every variety of apparatus for the above purpose, but are besides furnished with all the newest inventions for the inhalation of compressed air, and the exhalation into rarefied air, as also for the inhalation of oxygen, ozone and lignosulphit.

The Hôtel Ritzmann, near the railway station, has two pneumatic chambers, each accommodating three persons. Besides this, Göbel's *Inhalatorium*, in the Bahnhofstrasse; Quehl's, in the Wilhelmsallée; and Heyer's, in the Roemerstrasse, *vis a vis* the Four Towers, may be visited by all who take an interest in such establishments. To describe at any length the various apparatus with which these are furnished would lead me too far, and is, I consider, unnecessary, since illustrated prospectuses are to be had at each *inhalatorium*, and indications for their use and effect are mentioned later on; but this I may say, that these establishments are among the most perfect of their kind to be found anywhere. And in

quitting this subject I would draw patients' attention to the many beautiful walks in and around Ems, because in all affections of the respiratory organs, gentle exercise, when possible, is a principal factor in the cure. Sign posts indicating distances have been erected in various directions, thus enabling medical men to direct patients as to how far it may be desirable for them to extend their walks.

General Uses and Effects of Ems Waters.

SINCE this section is merely intended to give invalids a general idea of the curative properties of the Ems thermal waters, I have set down here only such of their uses and effects as have been proved by practical experience in the course of the centuries that Ems has been a resort for invalids.

As may be seen by Table of Chemical Analysis, the principal ingredients of the waters are the bicarbonates of soda, chloride of sodium, magnesia, lime, lithia. Amongst the gases carbonic acid prevails, and I would point out that it is to the combined action, physiological, chemical, and mechanical, of these ingredients, that the beneficial powers are due.

Drunk slowly, and with attention to medical directions, the waters aid the work of the digestive organs, increasing the action of the secretory glands of the stomach. An agreeable sensation of warmth steals over the body, the pulse beats fuller and more quickly. Taken as inhalation or as gargle they have a very soothing effect upon the throat. Used as spray for the throat, and as syringe for the nose, the thermal waters dissolve the mucus and crusts attached to the lining membrane, thus removing the cause of irritation, and securing normal circulation and secretion, and it is important to note that it is this action of the Ems waters on the mucous membrane of the respiratory system, when in a state of catarrhal inflammation, that has first made their world-wide reputation. They relieve the congestion and chronic thickening of these

tissues, and produce a normal action of the secretory glands and epithelium cells. In this way the air passages are freed, respiration and pain relieved, and expectoration eased.

The waters increase the action of the liver, promote the flow of bile, and check catarrh of the mucous membranes of the biliary ducts.

In the kidneys they eliminate small deposits of calculus or gravel, and neutralise abnormal acidity, not only in the urine, but in the entire system, a fact that renders the Ems waters so serviceable for those suffering from certain forms of gout, more especially should the sufferer not be of a sufficiently robust constitution to stand the lowering effects of the springs of Karlsbad or of Vichy. The effect of the thermal waters on the kidneys is, not infrequently, one of discomfort and inconvenience, but this can be overcome, or at any rate greatly mitigated, by reducing the quantity of the water prescribed. In catarrh of the bladder a very favourable effect is experienced, more especially in cases with acid reaction of the urine.

The effect on the action of the bowels varies, naturally, according to the constitution of the patient. Constipation at the commencement of the cure is not infrequent, but this soon passes off and the action becomes normal. In cases of chronic constipation, as in those of chronic diarrhoea, I have observed that the waters relieve disturbances.

On the circulatory and nervous systems the effect of the waters is more observable in the use of the hotter springs, which, in sensitive constitutions, produce an increase of the heart action, sometimes even palpitation, accompanied by giddiness and slight headache. Taken towards evening, they not seldom cause sleeplessness, a fact that has influenced me to recommend the use of a cooler spring towards evening.

In the various ailments to which females are subject, the beneficial effects of the Ems waters are of a very marked

character, and numbers of women of all nationalities have reason to entertain a grateful recollection of our springs.

For bathing purposes the Ems waters are very agreeable; deliciously soft and soothing to the skin, the process of desquamation being facilitated by the alkali. Baths should not, however, be taken rashly. The physiological effects, both of bath and douche, on the human body, differ according to the form, application and duration, and in cases of phlegmatic and of nervous temperament are so opposed, that I cannot too earnestly impress upon my readers the necessity for seeking medical advice, before entering upon a course of either.

In concluding the above remarks, I would add that the beneficial effects of the waters are not always experienced during treatment, but that, on the contrary, invalids sometimes feel throughout the course even more unwell than at the commencement of the cure. Nevertheless, this fact should not be allowed to cause depression, or to militate against belief in the ultimate good to be obtained, because it not seldom happens that a patient leaving Ems disappointed, nay, even with more or less expressed dissatisfaction, finds the benefit several months later.

Method of Administration of Ems Waters.

1. As Drink.

THE waters are drunk two or three times a day, before breakfast, dinner, or supper, according to medical order.

The most suitable time for drinking is in the early morning, between the hours of six and eight o'clock, according to season and weather. After the night's rest the digestive organs are ready to give their entire power to the absorption of the water, which is thus enabled to act freely on the system. In warm weather, more particularly, it is of great advantage to go early to the springs, as, otherwise, the heat of the sun and the warm water combined are apt to cause over-

fatigue and consequent exhaustion. Even for patients weakened by illness, it is of undoubted benefit to abandon the habit of late rising. Of course, when really necessary, invalids can take the waters in their own rooms until they feel stronger.

The quantity of water prescribed is to be slowly sipped, with an interval of fifteen minutes between two glasses. Half an hour after the last glass a meal may be taken. A short walk facilitates the absorption of the water and produces a longing for breakfast.

The choice of the spring, the quantity of water to be drunk, whether pure or mixed with milk or whey—sold at the springs—or with any chemical substance, must be left for the physician to decide.

2. As Bath and Douche.

The best time for bathing is one to two hours after breakfast.

Whilst in the bath, eating, drinking, smoking, reading, and sleeping are prohibited.

A gentle rubbing with the hands is useful.

Congestion towards the head is to be prevented by a cold compress.

After the bath, dry rubbing with warm sheets must be carefully attended to.

Whether baths, douches, *et cetera*, are to be applied or not, their form, temperature, and duration must be left to the medical man to determine.

3. As Gargle, Nosebath, and Inhalation.

These methods of application have proved very useful in complaints of the throat, nose, ear, and bronchial tubes. The gargling is to be done before drinking the waters by gently moving the water in the throat without noise or effort.

Whilst using the nosebath swallowing is to be avoided, and

for a quarter of an hour after this process, all forcible cleansing of the nose must be forborne.

As regards inhalation, it must be left to the medical attendant to decide which form is to be used, and which precaution has to be observed, as this differs according to the case.

Regimen, Physical and Moral, during the Cure.

As is well known, even outside the medical profession, the thermal waters of a health resort, howsoever applied, are not the sole curative powers,—climate, surroundings, manner of living, *et cetera*, all being important factors in the cure. I therefore consider it to be both consistent and necessary to give my readers some dietetic regulations, which are intended to assist the operation of the waters, and to prevent accidents which retard the cure.

By persons not suffering from any constitutional disorder, no strict rule of diet requires to be followed, but highly spiced and very rich dishes are in all cases prohibited, as also uncooked fruits, save strawberries, peaches, apricots, and grapes, which may be enjoyed if partaken of in moderation and not too soon after water-drinking. Late dining should also be avoided in order that the absorbent organs may be free in the morning to concentrate their action on the waters alone. A light supper answers every purpose. Invalids, however, who are ordered to follow a certain diet, must strictly carry out their instructions, since even a slight deviation from dietetic rules easily upsets the digestion, and retards the desired result of the waters.

As much fresh air as possible cannot be too highly recommended. How, and where the evenings are to be spent, depends on the state of the weather and the condition of the patient. In all cases invalids should retire to bed not later

than ten o'clock. Exercise, when taken according to the strength of the patient and the temperature of the atmosphere, invigorates alike the functions of body and mind. That these two are closely connected is well known. Violent emotions play a most important part in the diseases of the body, and are therefore as much as possible to be avoided. For this reason I would urge all invalids to combat mental depression, to avoid discussing their ailments, and to enter into the many distractions afforded throughout the season to visitors at Ems.

Indications for the Use of Ems Waters.

It will have been gathered from my previous remarks, that the greater number of complaints for which a cure at Ems is indicated come under affections of the mucous membranes—in whatsoever part of the body these may lie—the most frequent form being chronic catarrh. And since, in our northern climate, it is the organs of the respiratory system that are the most liable to be attacked by this disorder, I shall deal with them first.

Chronic Nasal Catarrh.

THIS very frequent and generally obstinate malady appears in two forms, the hypertrophic and the atrophic. The first, characterised by the thickening of the lining membrane of the nose, has its rise in over-nourishment of these tissues: hypersecretion and more or less obstruction being the most pronounced symptoms. Of the second form, the pathological characteristic is atrophy of the nasal *mucosa*, the most striking symptoms being dryness of the nose; formation of crusts, sometimes leading to obstruction of the nasal passage; frequent headache, and in some cases a most offensive odour emanating from the nostrils. As a rule the sense of smell is impaired or even lost. Both the above forms are subjects for treatment at

Ems, where our springs employed internally and as nasal spray or douche, have done excellent service in many obstinate cases.

Catarrh of the Eustachian Tube and Middle Ear.

THESE troubles I mention here, because, as a rule, they are connected with post-nasal and pharyngeal catarrh. A gradually increasing deafness, frequently accompanied by noises in the ear, are the trying symptoms of this very troublesome affection, which is often greatly benefited by a course of our springs.

Chronic Pharyngitis and Laryngitis.

AMONG persons living in the dust and smoke of larger towns, the above are very common complaints, as also amongst those requiring to use the voice constantly in public, such as clergymen, barristers, teachers, singers, *et cetera*. Swelling of the mucous membrane and enlargement of the uvula, soreness and dryness of the throat, often accompanied by pain in swallowing or in speaking, are marked symptoms of the first trouble. In the second, the larynx being in a state of congestion, the voice is more or less hoarse, sometimes quite gone; a dry and irritating cough, with more or less expectoration, is frequently present. Ems waters, employed as drink and as inhalation, give, in most cases, excellent results.

Chronic Bronchitis.

OF the numerous invalids seeking restoration of health at Ems, a large proportion suffer from chronic bronchitis, with or without its frequent complications, emphysema and asthma. In this very common malady the bronchial tubes are in a state of permanent congestion; the lining membrane is swollen; cough and shortness of breath are painfully

experienced, and there is more or less expectoration. Even in cases of long standing, if there be no complication, our thermal waters used as drink, combined with exercise and suitable diet, give excellent results. If necessary, hydropathic measures to strengthen the usually delicate skin may be adopted. Pneumatic treatment, too, consisting of inspiration of compressed air and expiration into rarefied air, with or without medicaments, is a great help in freeing the air passages from mucus, and in strengthening the invariably weakened heart.

Emphysema of Lungs.

THE cases of emphysema most suitable for Ems are those combined with bronchial catarrh, the treatment being very similiar to that of bronchitis, the pneumatic treatment coming more to the front. Although pretty generally known that in elderly persons, and in inveterate cases, where there is destruction of lung tissue, complete restoration is impossible, I can safely say that very real benefit is to be obtained by a course of our thermal springs.

Asthma.

WHERE asthma is combined with bronchial catarrh, or is a consequence of hypertrophy of the nasal mucous membrane, it derives great benefit here, the waters removing, or at any rate subduing the causes of irritation. In the rarer cases of purely nervous asthma, the Ems springs are ineffectual, but a course of pneumatic inhalations and of baths is sometimes found to be of benefit. Asthma being a most capricious trouble, as regards climate, I never guarantee any good result until a stay of a few days shall have proved whether the climate of the place agrees with the patient. Should it fail to do so, a course of waters or of baths would prove alike unavailing.

Tubercular Disease of Lung.

IN former days Ems was much recommended for persons suffering from this disease, whilst of late it has been contended that no place could well be more injurious to these sufferers. As is so often the case, however, the truth lies in the *juste milieu*. For patients in the first stage of the malady, with but slight infiltration of the apex, few *bacilli* in the *sputum*, and the strength still fairly well maintained, I can conscientiously recommend a course here. Up to the present time the best existing remedy against this distressing disease is, without doubt, that of the open-air treatment, and for the carrying out of this the beautiful woods surrounding Ems afford every opportunity, whilst if all exercise is to be avoided, the railway up the Malberg brings the invalid in a few minutes' time into pure hill air. A mild course of the Ems waters assists the beneficial effect of the climate by reducing the irritating cough and by relieving the congestion of the bronchial tubes. In some cases inhalations of medicaments, such as menthol, eucalyptol, and lignosulphit, prove valuable assistants. On the other hand, where cases are more advanced, with much obstruction of lung tissue, more or less hemorrhage, pronounced emaciation, fever, and loss of appetite, I cannot recommend either Ems or its springs. For these sufferers the waters are too strong, pneumatic treatment actually injurious, the climate in summer too hot, and in spring and autumn too changeable.

Pneumonia and Pleurisy.

FOR remains of these ailments, where the lung, owing to fluid between the *pleura* layers, or to the obstructed state of the bronchial tubes and air cells of the lungs, has not recovered its elasticity, the anti-catarrhal and diuretic action of our springs, combined with pneumatic treatment or with baths, gives excellent results, even in cases of long standing.

Dyspepsia, Catarrhalis, and Hyperacidity of the Gastric Juice.

OF disorders of the stomach, the above are suitable for treatment at Ems. The first-named is the consequence of the habit of eating too much and too frequently, and of indulging in the long and heavy meals so commonly in vogue. The most troublesome symptoms are loss of appetite; a feeling of repletion, seldom amounting to pain; nausea; flatulence, a bad taste in the mouth, and mental depression. A course of Ems waters dissolves the masses of mucus present in these cases, thus enabling the gastric juice to act on the contents of the stomach. The carbonic acid gas and the salt stimulate the action of the secretory glands, and the peristaltic movements of the above organ. A strict diet must be observed in these cases; occasionally the use of a stomach-pump with Ems waters is necessary. In the second, and much rarer disorder, where a too abundant secretion of hydrochloric acid weakens the digestive powers of the stomach, producing acidity, pain, and heartburn, the waters, by neutralising the acid, secure normal conditions.

Ulceration of the Stomach.

THE lining membrane of the stomach is often the seat of ulcers, varying in size, which produce pain in the region of the stomach and back. Eructation of sour fluid, nausea, and vomiting of food, as well as of blood, are not of infrequent occurrence. In lighter cases, or after the serious symptoms have disappeared, I have found the waters of Ems bringing not only relief, but even affecting a perfect cure.

Chronic Muco-Enteritis.

OF diseases of the intestines, the most frequent is chronic catarrh, very often combined with the catarrhal affection of the stomach above mentioned. The absorbent powers of the

mucous membrane is diminished, the action of the bowels disturbed, the formation of gas increased. Appetite and thirst are more or less affected. In many cases a longing for all sorts of indigestible things, or for highly spiced food only, as also a craving for acid or refreshing drinks, or even for spirits, is frequently observed. In others, again, sufferers from this trying complaint will sit down to their meals with an enormous appetite, but are soon satisfied, whilst others eat rapidly and in large quantities, only to be immediately punished by the flatulence, pain, and heartburn. The tongue is sometimes clean, sometimes clammy, sometimes white; the taste is sour; the breath often offensive; and low spirits are nearly always present. Although constipation is prevailing, diarrhœa not seldom intervenes. If the lower intestines be affected, the motions are not formed, and the faeces insufficiently digested are from time to time thickly coated with mucus, frequently tinged with blood. The Ems waters used as drink, and if so required as enema, combined with massage or with application of electricity, render great service, even in severe and inveterate cases.

Congestion of the Liver.

THIS frequent complaint is in most cases combined with chronic catarrh of the bowels. The liver is enlarged and somewhat tender to the touch; the urine is dark and scanty; headache, nausea, and low spirits are generally present. By checking the catarrhal condition of the intestines in the manner above mentioned, and by promoting normal circulation, we find the liver rapidly diminishing, and normal circulation setting in.

Chronic Diarrhœa.

I HAVE known many patients who have long suffered from this troublesome derangement—being otherwise in fairly good health—leave Ems in a very much improved condition.

Catarrh of the Biliary Ducts and Bladder Gallstones.

IF the liver be allowed to remain in a state of congestion, catarrhal inflammation of the lining membrane of the biliary ducts and bladder sets in. The flow of the bile is impeded ; concretions form in one or other of the biliary passages, most often in the gall-bladder. When small, these may still be passed on, but with considerable pain into the bowels ; if large, they frequently get inpacked in the passages and give rise to severe attacks of pain.

By checking the catarrhal condition of the lining membrane of the gall-bladder and biliary ducts, the Ems waters prevent the formation of concretions, and facilitate the passage of those already formed.

Cystitis.

THIS name signifies catarrh or inflammation of the bladder. In some cases of this exceedingly obstinate disease, the Ems waters give excellent results, even when those of Vichy, Wildungen, or Contrexville have failed to do so.

Gravel and Stone in Kidney and Bladder.

VARIOUS causes combine to produce or to aggravate the above condition. Gouty constitution, advanced age, indolence, malassimilation, luxurious living, climatic influences, all tend to produce deposits in the bladder or kidney, varying in size, form, colour, and composition. The concretions appear as sand, gravel, and stone, the number being generally in inverse proportion to the size. The waters prevent the formation of sediments, check the enlargement of concretions already formed, and promote and facilitate their passage.

Diabetes and Bright's Disease.

BOTH these diseases, when not advanced, I have seen much

improved by treatment with our thermal springs, combined with suitable dietetic and physical regimen.

Gout.

ALTHOUGH not recommending the springs of Ems for every variety of this complaint, I know them to be very beneficial to gouty constitutions, when these do not manifest any lasting symptom of local disease. The chief indications are, weakness, irritability, mental depression, giddiness, palpitation of the heart, bronchial irritation, and dyspepsia. The toes and fingers are often swollen and tender to the touch. This disorder is attended with excess of uric acid in the blood. A course of Ems waters has imparted comfort to many a gouty person during the ensuing year.

Rheumatism.

ALTHOUGH the baths of Wiesbaden or of Nauheim must, in most cases, be regarded as superior to ours in their effect on this complaint, it can be greatly benefited here.

Skin Affections.

IN cases of eczema, induced by gouty constitutions, and of certain forms of pustular eruption connected with disorders of the digestive organs, I have seen good results here.

Complaints peculiar to Women.

THE time of life during which women are mostly disposed to be attacked by ailments peculiar to their sex is from the age of twenty to fifty years. The manner in which the Ems waters operate in these various disorders will be understood from what I have said of their action on the mucous membranes and on the nervous system. A very considerable number of the visitors at Ems are women, and I can safely say that any

trouble of the female genital organs, originating from catarrh of the mucous membrane or from remains of inflammation, is relieved, if it be not altogether removed, by treatment with our Ems springs.

Deficient and Suppressed Menstruation.

IN cases where the irregularity or suppression of the menses is the result of imperfect nourishment, congenital or acquired, of the generative *tractus*, or where it is a consequence of chill or of mental shock, good results from our Ems waters are to be expected. I must, however, exclude from treatment here all cases in which this derangement is dependent on chlorosis.

Excessive and too frequent Menstruation.

WHEN the above is a consequence of general debility, of organic disease, or of constitutional tendency to hemorrhage, I must abstain from recommending the Ems springs; but when the monthly period is abnormally increased or prolonged, or appears too often, owing to congestion of the liver or of the womb and its appendages, I can truly say that our waters are of great service.

Painful Menstruation.

NOT a few women suffer greatly, either shortly before, during, or even a fortnight after the monthly period. In the neuralgic and congestive forms of this trouble I have seen many successful results here.

Catarrhal and Inflammatory Affections of the Female Organs.

THE various forms of these common troubles are nearly all suitable cases for treatment at Ems; but as it is not my object to write in detail of them here, I shall only mention the most

frequent, namely :—catarrh of the vagina and uterus, enlargement of the uterus, remains of inflammation of the uterine appendages, tendency to abortion, and sterility.

Duration of the Cure.

IN these days of rapid travel and competition, when, as the saying runs, "time is money," it is no uncommon occurrence to find a patient entering the consulting room with the words: "Doctor, I have only a fortnight to spare, and I want you to cure me in that time." Now, even in cases of acute disorder, a course of two weeks is often insufficient to effect a cure, and in chronic cases, as perhaps, five-sixths of Ems visitors may be reckoned, I consider a stay of from four to six weeks to be absolutely necessary in order to obtain a good result. Besides, it not seldom happens, that should the first course of waters fail to bring about the desired results, a second will succeed in doing so.

Regimen after the Cure.

ON leaving a health resort, patients are apt to consider themselves freed from all dietetic methods and restrictions. Now, this is a very grave mistake, sometimes involving a total failure of the cure. The physician of a watering place is, I consider, answerable to the one who sends the patient, and he will never omit to report his method of treatment, and the effects he has observed, as well as those that he has reason to expect will take place. I therefore earnestly beg all patients to adhere strictly to the rules they receive, and to deliver this report as soon as possible after they return home. Should this advice not be followed, and the old manner of life be at once resumed, loss of health and of time will be the consequence, and money will have been spent in vain.

CHEMICAL ANALYSIS OF THE SPRINGS AT EMS USED FOR DRINKING.

Name of Springs.	Kraechen	Kessel- brunnen	Fuersten- brunnen	Augusta- quelle	Victoria- quelle	Kaiser- brunnen	Wilhelms- quelle
Temperature.	95 F. 36 C.	108 F. 47 C.	102 F. 39 C.	101 F. 39 C.	82 F. 28 C.	83 F. 29 C.	103 F. 40 C.
Bicarbonate of Soda	1,979016	1,989682	2,036607	1,990214	2,020054	1,992070	1,956950
" " Lithia	0,004047	0,005739	0,004439	0,000531	0,001416	0,006928	0,010003
" " Ammonia	0,003252	0,007104	0,002516	0,007449	0,006128	0,003335	0,009736
Sulphate " Soda	0,033545	0,015554	0,017060	0,005185	0,019154	0,021321	0,018398
Chloride " Sodium	0,983129	1,031306	1,001034	0,957649	0,996721	0,980259	0,974596
Bromide " "	0,000340	0,000554	0,000556	0,000058	0,000268	0,000478	0,000393
Iodide " "	0,000022	0,000003	0,000022	0,000003	0,000003	0,000016	0,000009
Phosphate " Soda	0,001459	0,000540	0,001468	0,000190	0,000089	0,000370	0,000455
Sulphate " Potash	0,036773	0,043694	0,048512	0,353960	0,045095	0,044639	0,038228
Bicarbonate " Strontia	0,016174	0,001815	0,002477	0,000848	0,000151	0,002302	0,202612
" " Lime	0,217598	0,219605	0,217019	0,222673	0,211862	0,226595	0,211756
" " Baryta	0,001026	0,001241	0,001030	0,000100	0,000526	0,000671	0,000516
" " Magnesia	0,206985	0,182481	0,205565	0,237941	0,961305	0,205213	0,197996
" " Iron	0,001989	0,003258	0,001897	0,002793	0,001813	0,001822	0,003015
" " Manganese	0,000173	0,000330	0,000117	0,000521	0,000253	0,000380	0,000268
Phosphate " Lime	0,000116	0,000200	0,000181	0,000102	0,000134	0,000060	—
Carbonic Acid	1,039937	0,930171	1,029536	1,022750	1,200259	1,322843	1,105126
Total	4,559198	4,481717	4,629776	4,562699	4,713837	4,884588	4,579575

CHEMICAL ANALYSIS OF SPRINGS.—(*Continued*).

Name of Spring.	Eisenquelle or Iron Spring.
Temperature.	70 F. 21 C.
Sulphate of Potash and Soda	0,3180
Chloride ,, Sodium	0,7196
Carbonate ,, Soda	0,1905
Carbonate ,, Iron Suboxide	0,2143
Carbonate ,, Manganese Suboxide	Infinitesimal
Carbonate ,, Lime	0,9838
Carbonate ,, Magnesia	0,5215
Total	3,0752
Carbonic Acid	0,8655
Total	3,9407

WALKS, DRIVES, AND RIDES
IN AND AROUND EMS.



WALKS, DRIVES, AND RIDES*

IN AND AROUND EMS.



Lindenbach and Rottmannshoehe.

A SMOOTH and level promenade at the base of the Malberg leads to the Lindenbach, an old-fashioned inn, nestling amid the trees from which it takes its name, and under whose pleasant canopy of shade, rest and refreshment may be enjoyed. A further walk of about ten minutes up an ascending road ends at the Hôtel Rottmannshoehe, whence a commanding view of the Lahn Valley is obtained. Descent may be made to the Silberau, passing the Lindenbach Railway Station, and so along the shady Wilhelmsallée back to Ems. Both restaurants may be reached by carriage if preferred.

Adolphsweg and Henriettenweg.

ASCENDING from the Malbergbahn Station, two favourite walks and rides may be taken, one called the Adolphsweg, diverging to the right, the other, the Henriettenweg, to the left. The first leads to a little pavilion, known as the *Mooshuette*, and thence to the Lindenbach. The second winds over the east side of the hill, passing the *Henriettensaeule*, a small pyramid, raised in honour of the Archduchess Karl of Austria, a princess of the House of Nassau, who walked

* Distances under a mile not noted.

here when the road was first opened in the summer of eighteen hundred and twenty-six.

Schweizerhaus.

TAKING the road last mentioned, or ascending by the serpentine path leading past the English Church, this popular restaurant is quickly reached. Here refreshing air and a pleasant view reward the climber. Here, too, a bird's-eye view of the *Kurgarten* is obtained, while, carried by the water, cheerful strains played by the orchestra below are distinctly audible. Those who so prefer may descend by a path to the left, passing above the Schweizerhaus, which will lead them past the prettily-situated Kaiser Wilhelmskirche and to the Railway Station. If preferred, the restaurant may be reached by carriage.

Marienweg.

STARTING from the Railway Station a road to the left leads past an old Catholic Church to the Marienweg, a pretty footpath opened in the year eighteen hundred and twenty-three, and so called in honour of the Princess Maria of Russia, wife of the then Archduke of Weimar. A small monument—*die Mariensaeule*—has been here erected, descending from which the path winds down to the river, where a footway laid close to the water offers a further and charming stroll.

The Wintersberg.

LEAVING the old church above referred to, a shady path to the right winds by gradual ascent up the hill Wintersberg, on the nearest peak of which stand a tower and restaurant. The tower, erected in the year eighteen hundred and seventy-four, on the foundation of an old Roman watch-tower, commands a fine view.

Carriages may descend by the east side of the hill through the *Wiesbach* back to Ems. Another path, open

to riders and walkers only, passes the farm-house to which the restaurant belongs, and leads into the pretty *Braunebachthal*, and so back to the town.

Lahnsteiner Forsthaus.

(Three Miles.)

ASCENDING the Braubacherstrasse and following the broad and somewhat rough road up the valley, carriages reach a charming spot, beautifully shaded by fine old oaks and beeches, under whose shadow the Forsthaus or Forester's Lodge is situated. There refreshments may be taken, and an hour's rest or stroll enjoyed. Not far from the Lodge springs the Braunebach, the little brook that runs so cheerily between the wooded slopes of the hills Malberg and Wintersberg, and from which the valley takes its name.

For those who feel inclined to face a further shaking, two roads offer choice of return, one by Dienethal and Nassau, another by Braubach, both most enjoyable if somewhat fatiguing drives. Above Braubach, frowns the imposing castle of Marxburg, the only fortress on the Rhine that has escaped destruction, and well worth a visit. Carriages ascend in about forty minutes. Walkers make the ascent by a steep path in about twenty-five minutes. On a clear day a magnificent view of the Rhine valley is obtained. Among other objects of interest shown in the castle, is the room in which weak, unhappy Heinrich IV. lay concealed when pursued by his traitorous son, afterwards Kaiser Heinrich V.

From Braubach, Ems may be reached in two hours by carriage or half an hour by train *via* Oberlahnstein.

Fruecht.

(Four Miles.)

THE easiest way to reach Fruecht is to ascend by the wire-rope railway to the Hohen-Malberg Hôtel, from which a

pretty walk of about two and a half miles under trees leads to the little village. Walking or riding Fruecht is also reached by the Lindenbach, and by a road diverging to the right from the main road to the Lahnsteiner Forsthaus, but carriages must pass the latter.

The village of Fruecht lies on the hill Malberg, between Ems and Braubach, and is mainly of interest as being the burial place of the celebrated Von Stein, whose family for seven generations resided on the banks of the Lahn. The renowned minister, who died in the year eighteen hundred and thirty-one, lies in the small Gothic chapel close to the village, along with some other members of his family. The interior of the chapel may be seen by applying to the custodian at Fruecht.

Riders and walkers may descend through a pretty valley, known from its picturesque scenery as the *Schweizerthal* or "Swiss Valley," to Miellen. The descent occupies about twenty minutes. At Miellen carriages may be rejoined or the walk continued to Nievern, from which village a local train may be taken to Ems.

Malberg.

(Three Miles. Rail, Six Minutes.)

THE hill Malberg lies on the left bank of the Lahn, facing the old part of Ems. Riders and walkers reach the Malbergskopf by the Lindenbach, but carriages must ascend by the west side of the hill, passing the Schweizerhaus. By far the more popular mode of ascending is, however, that offered by the wire-rope railway, which, in the space of six minutes, lands passengers on the summit of the hill, an altitude of one thousand and ninety feet. A good path leads from the upper station to the Hohen-Malberg Hôtel and Restaurant, where rooms and refreshment are to be had. Games, with a playground for children, are provided, and concerts are occasionally

given. Here long, pleasant rambles may be taken, or, if preferred, chairs and hammocks can be hired, by means of which invalids enjoy without exertion the pure refreshing air. Favourite walks are those to Fruecht and the Lahnsteiner Forsthaus above described, both places about two and a half miles distant from the hotel. The lower Malberg station is situated above the Kaiserbruecke, close to the Hôtel Bella Riva.

Railway Fares are as follows :—Ticket for ascent, *eighty pfennige*; descent, *fifty pfennige*. Return ticket, *one mark*. Ticket for children, including return, *fifty pfennige*. Subscription ticket for one month, for adults, *five marks*. Subscription ticket for children under ten years, *four marks*. Trains run at frequent intervals.

Baederlei.

(Two Miles.)

To the east of Ems, on the right bank of the river, towers the rocky side of the hill Baederlei,—known also as the Sieben Koepfe or “Seven Heads,” on the highest point of which stands the Concordia Tower and a restaurant. Ascending the Grabenstrasse, or *Hintergasse*, as the street is popularly styled, and taking a broad path to the right, driving or riding, the summit may be gained in about three quarters of an hour. By the side of the road many irregularly-formed holes are to be remarked, which, according to fairy lore, owe their origin to the gnomes or *Hanselmaennchen*, as these tiny people are often affectionately styled, who preside over the earth and its treasures, and to whose indefatigable activity we owe the healing mineral springs. Day and night these busy little folk carry the material and mix unknown and wondrously curative substances, and stir up the flames to brew the balsamic fluid for the benefit of the human sufferer. The mines, too, rich in silver and lead, which lie all around Ems,

what are they but the result of the work of *Hanselmaennchen*, who for their own delight amassed this treasure, until the human hand has detected it, and the rough, laborious hammer of the searching miner has driven these beneficent little folk deep into the earth. The miners of old, we read, in order to propitiate the *Hanselmaennchen*, were wont to place before their doors every night a pot of food, to which every year a tiny red coat was added; and all night through these busy little workmen toiled and gathered together the costly material, in this way showing their gratitude to their fellow-labourers.

Walkers reach the Concordia Tower by a short cut indicated by some steps to the right a short way up the Grabenstrasse. The footway is steep, but resting places are provided, and a most beautiful view rewards the effort of ascent. About half way up an object of interest is the *Kriegen Denkmal*, a lofty monument, erected to the memory of the gallant soldiers of Ems who fell in battle during the Franco-Prussian War. A little further up is a small pavilion known as the *Mooshuette*. A footway, steep and rough, winds directly down the rocky side of the hill and leads into the main road at the east-end of the town. Carriages may descend by a road carried over the hill to Dausenau, and so back by the high road to Ems.

Dausenau.

(Two Miles.)

A BROAD carriage road on the right bank of the river and a footway through the meadow on the opposite bank lead up the *Lahnthal* to this picturesque little village, loved of artists. Another and shorter footway leads over the hill on the right bank. Ascending the Grabenstrasse, a small solitary house is reached. Here two paths diverge, both leading to Dausenau, that to the left being the prettier and offering a fine view of the *Lahnthal*. The walls and towers of the old village date from the time of the Romans, and are probably part of the

fortifications erected by their great chief Drusus, from whom the place is said to derive its name.

Tradition associates the east tower with the popular story of the devoted lovers, Emma and Eginhard. Karl *der Grosse*, so the old tale runs, being wroth with his daughter for refusing to break troth with her true-love, shut them up together in this tower—together, yet hopelessly apart, separated by a thick, cruel wall:

*Und wie die Rose bleichtet, wenn mann vom Zweig sie bricht,
Und wie das Pflaenzchen siechet, wenn Luft ihm fehlt und Licht.*

So these two pined and languished, until after many, many days the Kaiser, startled by their altered looks, and partly softened by their woe, permitted them to make their escape. So they fled to the Odenwald, and there built themselves a little cottage, wherein by-and-by children slept in Emma's arms, and climed the knee of Eginhard. And they two were happy, and filled with a blessed content, because love lightened labour, and peace folded her wings about the little dwelling. And here, after five years' long and anxious search, Kaiser Karl found the lovers again, and they were reconciled, and all rejoiced exceedingly. And here in due course the faithful pair died and were buried. And later, when buildings arose, the place was called Seligenstadt, "the blessed town," by which name it is known even at the present day.*

The old church of Dausenau dates from the thirteenth century. A bridge connects the village with the opposite bank of the river. At the west entrance is a little inn, with a shady garden, where refreshments may be taken.

Nassau.

(Four Miles.)

PRETTILY situated on the Lahn, and quickly reached by

* Seligenstadt am Main.

carriage, rail, or cycle, the small town of Nassau attracts many visitors during the summer months. A hamlet is thought to have existed here as early as the time of *Karl der Grosse*, who held sway in that part of the country, and to have taken its name of Nassau from the wet meadow-land—*nassen Au*—upon which it lay. Driving through the town from Ems, a large hydropathic establishment is passed on the right, while on the left lies the Schloss, in which the celebrated Prussian minister, Von Stein, was born, he who succeeded in forming the alliance between England, Russia, and Germany against Napoleon I. The Gothic tower, added in the eventful year eighteen hundred and fifteen, was erected by him in commemoration of the war of independence. Visitors are admitted three days in the week. The pretty *Schloss Park* is open to the public daily, save on Sundays and festivals. On the opposite side of the river, crossed by a handsome suspension bridge, rises a wooded height, upon which frowns the ruined Burg Nassau, built in the year eleven hundred and one, by Dudo IV. Count of Laurenburg, ancestor of the various branches of the ducal family of Nassau. The castle of Laurenburg, farther up the valley, and distant only about twenty minutes by rail from Nassau, is supposed to have been erected about the close of the eleventh century, and by the middle of the seventeenth century was already a ruin. Lower down on the hill above-mentioned stand the ruins of Burg Stein, the birth-place of the family Von Stein, the earliest mention of which is in the year eleven hundred and fifty-eight. On a projecting rock, close to the castle, stands the monument of the famous Von Stein, inaugurated in the year eighteen hundred and seventy-two, in the presence of the German Imperial family. A shady path winds up the hill to the two castles; at the first-mentioned a good restaurant will be found. From Nassau, a charming drive may be taken to the rocks of Hohelei, commanding a splendid view.

Bismarck Promenade.

THIS path leads to the Bismarck-Saeule, a huge stone tower erected in the year nineteen hundred and one by grateful admirers of the famous chancellor. The top of the tower is furnished with an enormous iron basin. Annually on the first of April,—this being the anniversary of Bismarck's birth,—it is filled with oil, and set alight at dusk, as a thank-offering to Germany's greatest statesman, after the manner of our ancestors, who on midsummer-night lighted fires on the tombs of their greatest and never-to-be-forgotten chiefs. The path, which diverges from the Grabenstrasse at the upper end of the town, and from the Bleichstrasse at the lower end, is carried right over the hill, and commands a varied and most beautiful view.

Kemmenau.

(Three Miles.)

A good winding road, branching to the left at the upper end of the Grabenstrasse, permits driving through shady woods to the Kemmenau Hoehe, or *Schoene Aussicht*, one of the highest points to the north of the Lahn. Here, as the pretty second name promises, a most lovely and far-reaching view, including the Rhine, the Taunus, and the Eifel mountains, is obtained on a clear day. Two hours are allowed for rest and refreshment. Carriages may descend by the west side of the hill. Two roads lead back to Ems, one passing the silver mines, the other longer, but very enjoyable, by Arzbach. Those on foot will best reach the *Schoene Aussicht* by the Grabenstrasse, or by the so-called Kemmenauer path leading from Dorf Ems.

Silberminen.

(One Mile.)

AT the west end of Dorf Ems a broad road passing the cemetery leads through pretty meadow-land—*die Pfingstwiese*

—to the principal lead and silver works, said to be among the oldest in Germany. A railway connects these works with those of the Silberau on the left bank of the Lahn, belonging to the same company. Neither work is open to visitors, save by special permission.

Castle of Sporkenburg.

(One and a Half Miles.)

ABOUT half a mile beyond the works above-mentioned a road, branching to the left, permits driving to the foot of a steep rock, upon the verge of which frowns an ancient ruin, all that is left of the castle of Sporkenburg. The date of building is unknown, and of the early history of the Burg, erected, doubtless, like others of its age, for protective purposes, little is to be learned. About the middle of the fourteenth century the right of chase in the *Sporkenwald*, seems to have been granted to the Counts of Nassau, to whom some hundred years later the entire property has passed, and here in the surrounding forest the Kaisers of old were wont to shoot and hunt, when visiting the lords of Sporkenburg, at their family seat of Nassau. In the year sixteen hundred and thirty-five, Sporkenburg, in common with so many other castles of that troublous period, was destroyed by the French, under General Lambeth.

Arzbach.

(Two and a Half Miles.)

RETURNING to, and following the main road up the valley, we come to Arzbach, at which village stone jars are fabricated, in which the waters of Ems are transported to distant countries. On a hill above the village stands the old parish church of Augst, to which in mediaeval times pilgrimages were made from far and near. Beyond the church, eastward, rise the Arzbacher, or Auguster Koepfe, so full of interest for the

geologist, one conspicuous peak of which is jestingly known as Bismarckskopf, from the resemblance of the three trees upon the otherwise bare summit to the three tufts of hair portrayed in caricature on the bald head of the popular chancellor.

Fachbach.

(One Mile.)

Nievern.

(Two Miles.)

Miellen.

(Three Miles.)

LEAVING the Coblenzerstrasse, and following the main road along the river, a pleasant drive or walk may be taken, passing the old village of Fachbach, and that of Nievern, with the Nieverner Huette ironworks, and so to Miellen. The two latter villages lie on the left bank of the Lahn, and are reached from the main road by a ferry. Nievern has a station at which slow trains stop. A foot-path, winding along the side of the hill and through the meadows, leads back to Ems.

Jungfernhoehe.

(One Mile.)

AT the lower end of Ems rises the hill Jungfernhoehe, on the bare summit of which a restaurant stands conspicuous. Here a fine view of Ems is obtained. Walkers reach the restaurant by a path branching to the left, a short way up the main road leading to Arenberg, and Coblenz. A cart track on the left, further up the ascent, permits driving and riding to the same. Riders and walkers may follow a path over the hill to Arenberg and the Oelberg, of which below.

Arenberg and the Oelberg.

(Six Miles.)

A GOOD broad, but somewhat shadeless road, winds gradually up the hill at the west-end of Ems. Ascending for about four miles, and passing the site of the old Coblenzer Forsthaus, a magnificent view of the fertile Rhineland and Moselthal,

bounded northward by forest-clad hills, and southward by the cloud-capped Eifel, breaks upon the delighted eye. A little further and Arenberg is reached. Near the village rises an eminence, known as the Oelberg or Mount of Olives, upon which stands a chapel, the creation of an old Catholic priest, and well worth a visit. Most interesting, too, and curious is the approach, styled the *Kreuzweg*, or "Road to the Cross," shaded by a variety of trees, under which are set numerous images, representing the sufferings of our Saviour. Returning to Arenberg, refreshments may be taken at the Sign of the Red Cocks, to which old-fashioned little inn the village owes its popular name of *Rothenhahnen*. Those desirous of extending the drive may return by Neuhaeusel and the Sporkenthal, or they may descend to Ehrenbreitstein, and so back along the shore of the Lahn to Ems.

Hoehr and Montabaur.

(Eleven Miles.)

(Nine Miles)

BOTH long but enjoyable drives, passing the little village of Neuhaeusel, a delightfully-invigorating spot, perched high upon the hills. Hoehr, an old village, where, for centuries past, all sorts of earthenware, ornamental and useful, has been fabricated, may be reached in about two and a half hours by carriage from Ems. A visit to one of the larger potteries, of which there are several, will be found to be well worth the trouble.

Montabaur, situated in the Westerwald, is a charmingly-quiet old place. The town is built on the site of an ancient village, refounded by the Archbishop of Trèves, and named Mons Tabor. Both drives lead up and down hill, the latter through beautiful woods.

TARIFFS

FOR THE COACHMEN, DONKEY DRIVERS AND
DIENSTMAENNER OF EMS.



TARIFFS

FOR THE COACHMEN, DONKEY DRIVERS AND
DIENSTMAENNER OF EMS.



Carriage Tariff.

- (1.) In every carriage a tariff must be visibly fastened.
- (2.) Carriages carry, free, under luggage, one portmanteau, one bag and hatbox ; for each additional portmanteau twenty *pfennige*, and for each additional smaller article ten *pfennige*, are to be paid to the driver.
- (3.) The coachman, if not engaged, is obliged to drive wherever requested.
- (4.) The coachmen are forbidden to smoke during the drive.
- (5.) Strangers are requested to report cases of bad conduct on the part of the driver to the police.
- (6.) All expenses for coachmen, horses, and bridges are included in the tariff.
- (7.) For every detention of ten minutes beyond the time stated for rest twenty-five *pfennige* may be claimed by the driver.
- (8.) The tariff does not include the hours after ten o'clock p.m. to 6 o'clock a.m.

Carriage and Pair of Horses.

	Mk.	Pf.
To Arenberg, the Oelberg, and back, three hours' rest, .	15	—
„ do. do. and back <i>via</i> Neuhaeusel, three hours' rest,	17	—
„ Arenberg, the Oelberg, and back <i>via</i> Ehrenbreitstein, three hours' rest,	18	—
„ Arnstein and back, two hours' rest,	15	—
„ Arzbach and back, one hour's rest,	9	—
„ Baederlei, Concordia Tower, and back, one hour's rest, .	6	—
„ do. do. do. and back <i>via</i> Dausenau, one hour's rest,	9	—
„ Bismarck Promenade, The	1	50

	Mk.	Pf.
To Braubach and back, three hours' rest,	18	—
„ Capellen and back, six hours' rest,	21	—
„ Church,	1	—
„ do. and back after service,	3	—
„ Coblenz,	15	—
„ do. and back, three hours' rest,	18	—
„ Ems, carriage returning empty from Coblenz, . . .	7	50
„ Coblenzer Forsthaus, and back, two hours' rest, . .	10	—
„ do. do. and back <i>via</i> Neuhaeusel, three hours' rest,	15	—
„ Concert, Reunion, and back,	4	50
„ Concordia Thurm, see Baederlei.		
„ Dausenau and back, one hour's rest,	5	—
„ Drive by the hour,	4	50
„ do. to any given place within the town,	1	—
„ Ehrenbreitstein,	12	—
„ do. and back, three hours' rest,	17	—
„ Fachbach and back, one hour's rest,	5	—
„ Froeschbach,	4	—
„ Fruecht and back, two hours' rest,	12	—
„ do. and back through the Schweizerthal and <i>via</i> Miellen, three hours' rest,	16	—
„ Horchheim (on Rhine) and back, three hours' rest, .	15	—
„ Hohelei Rocks and back, three hours' rest,	16	—
„ Jungfernhoehe Restaurant and back, one hour's rest, .	6	—
„ Kemmenau (<i>Schoene Aussicht</i>) and back, one hour's rest,	11	—
„ do. and back <i>via</i> the Silberschmelze, two hours' rest,	12	50
„ Kemmenau and back <i>via</i> Arzbach, two hours' rest, . .	15	—
„ Lahnsteiner Forsthaus and back, one hour's rest, . .	10	—
„ do. do. Fruecht, and back, two hours' rest,	12	—
„ Lahnsteiner Forsthaus, Hohenmalberg, and back, two hours' rest,	15	—
„ Lahnsteiner, Forsthaus, and back <i>via</i> Becheln, Sulzbach, Dienethal, and Nassau, two hours' rest,	18	—
„ Lindenbach Restaurant,	2	—
„ do. do. and back, one hour's rest,	3	50
„ Lindenbach Railway Station,	1	—
„ Montabaur and back, three hours' rest,	18	—
„ Nassau and back, two hours' rest,	10	—

	Mk.	Pf.
To Neuhaeusel <i>via</i> Bierhaus, Cadenbach and back <i>via</i> Arzbach, one hour's rest,	18	—
„ Niederlahnstein,	9	—
„ do. and back, three hours' rest,	12	—
„ Nievern and back, one hour's rest,	5	—
„ Oberlahnstein,	11	—
„ do. and back, three hours' rest,	14	—
„ Oelberg, see Arenberg.		
„ Railway Station, Ems,	1	—
„ do. do. with luggage,	1	50
„ Sayn and back, six hours' rest,	24	—
„ Schoene Aussicht, see Kemmenau.		
„ Silberschmelze and back, one hour's rest,	5	—
„ Singhofen and back <i>via</i> Arnstein and Nassau, six hours' rest,	20	—
„ Theatre and back after performance,	4	50
„ Waldmuehle, The, <i>via</i> Dausenau and back, one hour's rest,	6	—

Carriage and One Horse, or Pair of Mules or Ponies.

	Mk.	Pf.
To Arenberg, the Oelberg, and back, three hours' rest, .	10	—
„ do. do. and back <i>via</i> Neuhaeusel, three hours' rest,	11	—
„ do. do. and back, <i>via</i> Ehrenbreitstein, three hours' rest,	12	—
„ Arnstein and back, two hours' rest,	10	50
„ Arzbach and back, one hour's rest,	6	—
„ Baederlei (Concordia Tower) and back, one hour's rest,	4	—
„ Do. and back, <i>via</i> Dausenau, one hour's rest, .	6	—
„ Bismarck Promenade, The,	1	20
„ Braubach and back, three hours' rest,	12	—
„ Capellen and back, six hours' rest,	15	—
„ Church,	—	70
„ Do. and back after service,	2	—
„ Coblenz,	10	—
„ Do. and back, three hours' rest,	12	—
„ Ems' carriage returning empty from Coblenz,	4	50
„ Coblenzer Forsthaus and back, two hours' rest,	6	50
„ Do. do. and back, <i>via</i> Neuhaeusel, three hours' rest,	10	—

	Mk.	Pf.
To Concert, Réunion, and back,	3	—
„ Concordia Thurm, see Baederlei.		
„ Dausenau and back, one hour's rest,	3	50
„ Drive by the hour,	3	—
„ Drive to any given place within the town,	—	70
„ Ehrenbreitstein,	8	—
„ Do. and back, three hours' rest,	12	—
„ Fachbach and back, one hour's rest,	3	50
„ Froeschbach,	3	—
„ Fruecht and back, two hours' rest,	8	—
„ Do. and back through the Schweizerthal to Miellen, three hours' rest,	10	50
„ Horschheim (on Rhine) and back, three hours' rest,	10	—
„ Hohelei, rocks of, and back, three hours' rest,	10	50
„ Jungfernhoehe Restaurant and back, one hour's rest,	5	—
„ Kemmenau (<i>Schoene Aussicht</i>) and back, one hour's rest,	7	50
„ Do. and back, <i>via</i> the Silberschmelze, two hours' rest,	8	50
„ Do. and back, <i>via</i> Arzbach, two hours' rest,	10	—
„ Lahnsteiner Forsthaus and back, one hour's rest,	6	50
„ Do. do. Fruecht and back, two hours' rest,	8	—
„ Do. do. Hohenmalberg and back, two hours' rest,	10	—
„ Do. do. and back, <i>via</i> Becheln, Sulzbach, Dienethal, and Nassau, two hours' rest,	12	—
„ Lindenbach Restaurant,	1	50
„ Do. do. and back one hour's rest,	2	50
„ Lindenbach Railway Station,	—	70
„ Malbergskopf, to the Tower, one hour's rest,	4	50
„ Marien and Henriettenweg and back, one hour's rest,	3	—
„ Montabaur and back, three hours' rest,	12	—
„ Mooshuette and back, two hours' rest,	2	50
„ Nassau and back, two hours' rest,	6	50
„ Neuhaeusel, <i>via</i> Bierhaus, Cadenbach and back, <i>via</i> Arzbach, one hour's rest,	12	—
„ Niederlahnstein,	6	—
„ Do. and back, three hours' rest,	8	—
„ Nievern and back, one hour's rest,	5	—
„ Oberlahnstein,	7	50
„ Do. and back, three hours' rest,	9	50

	Mk.	Pf.
To Oelberg, see Arenberg,		
„ Railway Station, Ems,	—	70
„ Do. do. with luggage,	1	—
„ Sayn and back, six hours' rest,	16	—
„ Schoene Aussicht, see Kemmenau.		
„ Schweizerhaus and back, one hour's rest,	3	—
„ Silberschmelze and back, one hour's rest,	3	50
„ Singhofen and back <i>via</i> Arnstein and Nassau, six hours' rest,	14	—
„ Theatre and back after performance,	3	—
„ Waldmuehle <i>via</i> Dausenau and back, one hour's rest,	5	—
„ Wintersberger-Hof and back one hour's rest,	3	30
„ Do. and back through the Wiesbach, one hour's rest,	4	—

Donkey and Mule Tariff.

	Mk.	Pf.
To Arenberg and back, two hours' rest,	5	—
„ Arnstein and back, three hours' rest,	5	50
„ Arzbach and back, one hour's rest,	2	50
„ Bismarck Promenade and back, one hour's rest,	2	—
„ Braubach and back, three hours' rest,	5	—
„ Do. and Marxburg and back, three hours' rest,	5	50
„ Coblenz and back, over the hill, six hours' rest,	6	—
„ Coblenzer Forsthaus and back, one hour's rest,	2	50
„ Concordia Thurm and back, one hour's rest,	2	—
„ Do. do. and back, without rest,	1	40
„ Do. do. and back, <i>via</i> Dausenau, one hour's rest,	2	50
„ Dausenau and back, one hour's rest,	2	—
„ Deutsch-Herren-Huette and back, one hour's rest,	3	—
„ Do. Do. and back, <i>via</i> Lahnsteiner Forsthaus, one hour's rest,	4	—
„ Ehrenbreitstein and back, over the hill, six hours' rest,	5	—
„ Fachbach, Nievern, and back, one hour's rest,	1	70
„ Fruecht and back, one hour's rest,	3	—
„ Do. and back, through the Schweizerthal, one hour's rest,	4	—
„ Jungfernhoehe Restaurant and back, one hour's rest,	2	—
„ Kemmenau (<i>Schoene Aussicht</i>) and back, one hour's rest,	2	50
„ Do. and back, without rest,	1	80

	Mk.	Pf.
To Kemmenau and back, <i>via</i> the Versteinerung, two hours' rest,	3	—
„ Do. and back, <i>via</i> Arzbach, two hours' rest,	4	50
„ Do. and back, <i>via</i> Silberschmelze, two hours' rest, -	3	50
„ Do. and back, through Lenzkopf, <i>et cetera</i> , <i>via</i> the Silberschmelze, two hours' rest,	4	—
„ Lahnsteiner Forsthaus and back, one hour's rest,	2	50
„ Do. do. the Malbergshof, and back, one hour's rest,	3	50
„ Do. do. and back, <i>via</i> Fruecht and Nievern, two hours' rest,	3	50
„ Do. do. and back, <i>via</i> Becheln and the Wiesbach, one hour's rest,	4	—
„ Lindenbach and back, one hour's rest,	1	50
„ Do. and back, <i>via</i> the <i>Neue Promenade</i> , half-an-hour's rest,	2	—
„ Malbergs-Thurm and back, one hour's rest,	2	50
„ Do. do. and back, without rest,	1	50
„ Do. do. and back <i>via</i> the Adolphsweg, one hour's rest,	2	50
„ Malbergs-Thurm and back <i>via</i> the Lindenbach, one hour's rest,	3	—
„ Marienweg and Henriettenweg, and back,	1	—
„ Mooshuette and back, half-an-hour's rest	1	—
„ Do. and back without rest,	—	70
„ Do. and back through the Hasenberg, one hour's rest,	2	50
„ Nassau and back, two hours' rest,	4	—
„ Do., the castle, and back, two hours' rest,	4	50
„ Do., and back through the Dienethal, two hours' rest,	5	—
„ Niederlahnstein and back, two hours' rest,	5	—
„ Oelberg, see Arenberg.		
„ Ride by the hour,	1	50
„ Schoene Aussicht, see Kemmenau.		
„ Do. do. on the Coblenzer Chaussée, one hour's rest,	2	50
„ Silberschmelze and back, one hour's rest,	2	—
„ Sporkenburg and back, one hour's rest,	2	50
„ Waldmuehle, by Dausenau, and back, one hour's rest,	2	50

The above tariff includes expenses for drivers, animals and bridges.

For every detention of twenty minutes beyond the time stated, fifty *pfennige* may be claimed by the driver.

The tariff does not include the hours after ten o'clock p.m. to six o'clock a.m.

The rule of conduct fixed for donkey and mule drivers is similar to that for coachmen.

Tariff for the Dienstmaenner.

(Public Porters.)

The men are distributed over the town and wear a cap with the inscription: *Dienstmann*, and a band with a number round the left arm.

Transport in the Town.

	Pf.
To carry a portmanteau, box, or any baggage weighing over fifty pounds,	30
The same weighing under fifty pounds,	25
A hat-box, small bag, or the like,	10

Transport from the Carriage into the Railway Station or to the Railway Carriages.

	Pf.
For a portmanteau or box,	10
For each additional article,	5
For several small articles,	10

The same tariff is fixed for the railway porters who bring the luggage from the station into the town, or carry it from the platform, and *vice versa*.

For Different Services.

	Pf.
For a commission within the town,	20
The same, waiting an answer over five minutes,	35
As attendant to carry wraps, <i>et cetera</i> , by the hour,	50
As guide over the town by the hour,	60

For engagements by time a whole hour must be counted.

Any employment over the hour is to be reckoned as half-an-hour.

The tariff does not include the hours after ten o'clock p.m. to six o'clock a.m.

EXCURSIONS

FROM EMS.



EXCURSIONS

UP THE LAHNTHAL.



Langenau and Arnstein.

FOLLOWING the main road through Nassau for about three miles, carriages reach the Burg Langenau. Erected in the middle of the thirteenth century, the walls and the watch-towers are still in a state of good preservation. A little beyond, on the opposite side of the Lahn, rises a wooded eminence, once the site of a strongly-fortified castle, built about the middle of the eleventh century by one of the powerful counts of Arnstein. Some hundred years later, Ludwig III., an old free-booter, and the last of his race, in an access of religious fervour, pulled down the ancestral seat, and erected in its place a monastery and a fine church, both well worth a visit. The only part of the original castle left are the outer walls and the great gloomy banqueting hall in which the lords of Nassau feasted and sat in judgment. The Kloster Arnstein may also be visited by taking the train to Obernhof, from which station a walk of about ten minutes through a pretty valley leads to the *Klostermuehle*, a rustic inn canopied by trees, close to which lies a grass-grown *Gottesacker*, a ruined chapel, in its midst.

Schaumburg.

PICTURESQUELY-situated on a wooded basaltic hill commanding the valley, this imposing castle with its lofty towers and

beautiful park is reached in forty minutes by rail from Ems. The nearest station is Balduinstein, so called from the old ruined *Schloss* of this name, situated in a ravine behind the village. A pleasant walk under trees of about half-an-hour leads to Schaumburg, or if preferred carriages may be hired. Mention is made of the castle as early as the twelfth century, but the oldest part of the present building is of the eighteenth. At one time the seat of the Princes of Anhalt, the *Schloss* passed to the Archduke Stefan of Austria, the last Palatine of Hungary. This Archduke, it will be remembered, was banished from his country in the disturbed year of eighteen hundred and forty-nine because of his liberal views. He retired to Schaumburg, where he lived in solitude, devoting his time to literature and science, but never forgetful of those around him, to whom he invariably proved a true friend and benefactor. He rebuilt the castle and laid out the present gardens, to which he gave free admission to all. Not infrequently he would himself show visitors round the *Schloss* incognito. This charming seat is now the property of Prince George of Waldeck. A good restaurant stands in a pretty garden close to the castle.

Diez.

DISTANT only two miles from Balduinstein, this old town is reached in about fifty minutes by rail from Ems. It is commanded by an ancient castle, once the seat of the Counts of Diez* and Nassau—now a jail—and by the Peterskirche or church of Saint Peter on the right bank. The present bridge, which connects Diez with its suburb Sachsenhausen, rests on the buttresses of an earlier one, built in the year fifteen hundred and fifty-two, and destroyed by the Swedes in sixteen hundred and thirty-four. About a mile from Diez, and connected with it by a beautiful *Lindenallée*, rises the Schloss Oranienstein, built in the year

* Thirteenth Century.

sixteen hundred and seventy-six, on the site of an old nunnery, now a *Kadettenschule* or military school. Here, as at Diez, owing to the natural beauty, many favourite bits of sketching are to be found.

Limburg.

AN old historic town, picturesque and interesting, with narrow streets, and quaintly-gabled houses. On a prominent rock, rising conspicuously close to the river, stands the cathedral with its seven towers, the Basilica St. Georgii Martyris. It was founded in the beginning of the tenth century by Konrad Kurzbold, the powerful count of the Niederlahngau, whose *Burg* stood close by. In the cathedral, above the west portal, are two stone figures, the one representing the founder, a sword between his knees, the other the architect, a staff in his hand. These and a stone font are of the thirteenth century: the stained glass is modern. The treasury of the cathedral is a unique collection, old and very valuable. It is shown on Wednesdays; application must be made to the dean. Of the ancient wall that at one time enclosed the town only a part here and there now remains. From the bridge, constructed in thirteen hundred and fifteen, a fine view of the cathedral is obtained.

Weilburg.

A SMALL town, with a fine castle dating from the sixteenth century, the seat of the dukes of Nassau-Weilburg, down to the year eighteen hundred and sixteen. An hour and a half by rail from Ems brings the traveller to this quaint old place. The *Schloss* is picturesquely situated on a high rock, and though for more than half a century unoccupied by its proprietors, everything about it is kept in beautiful order. The Stadtkirche, close to the castle, contains the family vault of the Dukes of Nassau-Weilburg. A railway running up the

pretty Weilthal passes several old castles and affords some charming scenery.

Braunfels.

A RUN of under two hours from Ems brings the train to the station of Braunfels, where, in order to reach the little town of this name—distant two and a half miles—a local railway may be employed. The town lies on a hill at an altitude of nine hundred and eighty feet. On the summit stands the castle, the seat of the Prince of Solms-Braunfels. The *Schloss* and the beautiful park, to which a number of red deer lend an additional charm, are well worth seeing. Braunfels is much frequented on account of the fine hill air, and is frequently recommended to patients who have completed a cure at Homburg, Nauheim, or Ems. A first-class hotel,* furnished with baths, stands close to the castle.

Wetzlar.

PRETTILY situated on the Lahn, and once a free imperial town. Here, for a short time, Goethe resided, and here certain events suggested his "Sorrows of Werther," the poem so frequently recalled to the visitor's mind by the various objects of interest in this old-world place. The house in which the original of the unhappy hero shot himself is still to be seen, as, too, that in which Charlotte's father dwelt. Outside the *Wildsbacher Thor* is the *Werther Brunnen*, shaded by venerable lindens, underneath which the poet loved to rest, and about three miles from the town stands the house—now a school—in which the ball described in the poem took place. The Wetzlar Cathedral dates from the eleventh century.

Marburg.

A SOMEWHAT longer but favourite excursion is to the old

* "Schloss."

university town of Marburg, with its proudly-throned castle* and beautiful church, built over the tomb of Saint Elizabeth, wife of the Landgraf Ludwig of Thuringen, and known by her name. Marburg is situated in the prettiest part of the Lahnthal.



EXCURSIONS

TO THE RHINE.



Oberlahnstein and Niederlahnstein.

TWENTY-FIVE minutes by rail or an hour by carriage brings the traveller to Oberlahnstein, once a strongly-fortified town, as the many old walls and towers still testify. Situated at the confluence of the Lahn and Rhine, it possesses a large harbour, and is the steamboat station for Ems. Objects of interest in the town are the Schloss Martinsburg, once the residence of the Electors of Mainz, and the old Rathhaus, a large late-Gothic building. In a field not far from the south gate stands the small historic chapel, in which the Bohemian king, Wenzel, was deprived by the Rhenish Electors of the right to wear the German crown.†

Opposite Oberlahnstein, on the other side of the Lahn, lies Niederlahnstein, the railway junction of the right bank—not touched by steamer. Near the mouth of the river stands the old Johanniskirche or Church of St. John, supposed to have been built about the middle of the twelfth century, and which was partly destroyed during the thirty years' war. Not far from here rises the Allerheiligenberg or "All Holy Hill," so frequented by pilgrims, from the summit of which a fine view is obtained.

* 875 ft.

† August 20, 1400.

Lahneck.

BEHIND Oberlahnstein rises the old castle of Lahneck. A carriage road and two footpaths ascend the rocky eminence. The ascent on foot occupies about half-an-hour. The castle, first mentioned in the year twelve hundred and twenty-four, was destroyed in sixteen hundred and eighty-eight by the French.* In the absence of the proprietor visitors are admitted. It was the sight of this picturesque castle and the beautiful view of the Rhine with the passing ships that inspired Goethe to write his pretty Geistergruss, beginning :

*Hoch auf dem alten Thurme steht
Des Helden edler Geist,
Der, wie das Schiff vorueber geht
Es wohl zu fahren heisst.*

Stolzenfels.

FACING Lahneck, on the other side of the Rhine, lies the little village of Capellen, above which rises a wooded hill crowned by the royal castle of Stolzenfels. The local steamer or a small boat may be employed to cross the river. From Capellen walkers reach the castle by a shady path in about half-an-hour, or donkeys may be hired for the ascent.† The interior of the *Schloss* and some most lovely views may be seen for a small fee. The castle of Stolzenfels, the building of which was begun in the year twelve hundred and forty-two, was, like that of Lahneck, destroyed by the French, and in the same year. In eighteen hundred and twenty-three the town of Coblenz presented the ruin to the then Crown Prince of Prussia, afterwards Koenig Friedrich Wilhelm IV., who had it rebuilt. The castle now belongs to the Kaiser Wilhelm II. About a mile above Capellen an object of

* Restored since 1854.

† There and back, 1 M. 50 Pf.

interest is the Koenigstuhl or "King's Seat," a stone structure eighteen feet in height, on the top of which the electors of old held their meetings. It was erected by the Emperor Charles IV., in the year thirteen hundred and seventy-six, and having fallen completely to decay, was in eighteen hundred and forty-three rebuilt, as far as possible with the original material.

Coblenz and Ehrenbreitstein.

To reach Coblenz three different roads may be taken, one by rail occupying about half-an-hour, and two by carriage. The longer drive, about seven miles, leads along the right shore of the Lahn; the shorter winds over the hill *via* Arenberg. Situated at the confluence of two of the most beautiful rivers in Europe, no town on the Rhine can outrival Coblenz in variety and charm of scenery. Once strongly fortified, this old historic town, through so many years besieged and garrisoned by the troops of various nations, now holds but a secondary rank as compared with Strasburg, Metz and other strongholds. Among the numerous objects of interest which the town offers may be mentioned the gigantic monument of the Kaiser Wilhelm I., and the charming promenade known as the Rheinanlagen, which extends for about a mile and a half along the river. A bridge of boats connects Coblenz with Ehrenbreitstein on the right bank of the Rhine. This imposing fortress stands on a precipitous rock, three hundred and eighty-five feet above the river, and commands a magnificent view. Cards of admission are to be had at the last gateway.* Carriages can ascend to the summit. The present structure was erected early in the last century in the place of an old stronghold, belonging to the electors of Trèves, which played an important rôle in the thirty years' war,

* 50 Pf.

and was only surrendered to the French after a prolonged siege, owing to want of provisions.

Drachenfels.

"THE castled crag of Drachenfels," or "Dragon's Rock," is a favourite excursion, easily made in one day from Ems. The Drachenfels is a peak of the range of mountains known as the Siebengebirge or "Seven Hills." It is easiest visited from Koenigswinter, at which station carriages may be hired, either for driving to the top of the crag, or to the station of the *Zahnradbahn*,* or rack-and-pinion railway, the latter being by far the more popular mode of ascent. Half way up the rock is a cavern, said to have once been the abode of the terrible dragon, slain by the good knight Siegfried, in whose blood, so runs the tale, the hero bathed, and became invulnerable; hence the wine from the Drachenfels vineyards is known as *Drachenblut*, or "dragon's blood." The ascent occupies about twelve minutes, and the view from the terrace of the hotel is magnificent. The castle stands on the summit of the hill.† It dates from the beginning of the twelfth century. Half ruined during the thirty years' war, it was taken by duke Ferdinand of Bavaria, who completed its destruction. The Petersberg,‡ another peak of the Siebengebirge, and next in interest to the Drachenfels, may also be visited from Koenigswinter by the mountain railway, the station for which lies about half a mile from the right Renish Railway station.

Ruedesheim and the Niederwald.

AN interesting trip up the Rhine is to Ruedesheim, with its celebrated vineyards, and the world-known Niederwald, at whose base it lies. Here begins the rich and beautiful district known as the Rheingau, up which charming walks and drives

* One quarter mile.

† 1065 ft.

‡ 1095ft.

may be taken. At the lower end of the town rises the Broemserburg, or Niederburg, once the seat of the knights of Ruedesheim. The castle, fully restored, dates from the thirteenth century ; it was erected upon the foundation of an earlier edifice. Other objects of interest are the Vorderburg, the remains of a square tower, and the only relic of the old castle of the Brömser family ; the *Zauberhoehle*, or “ magic cave ;” and the Rossel,* an artificial ruin, from which a glorious view is obtained. At the upper end of the town, close to the steamboat pier, is the station of the Niederwald railway. An omnibus runs between this and the Rhenish railway station, distant half a mile. The Niederwald is a wooded hill, upon the summit of which stands the famous national monument, raised in the year eighteen hundred and seventy-one, in commemoration of the union of the German states. On the enormous basis, seventy-eight feet high, stands the grand figure of Germania, crowned with the imperial crown, and in her hand holds aloft the laurel-wreathed sword, symbolic of the unity and strength of the new German empire. Those who have time would do well to return by steamer from Ruedesheim to Oberlahnstein, and so see many points of interest, including the *Lurlei* and the *Maeusethurm*, apt to be lost to the traveller by train. Ruedesheim may be reached in two hours by rail *via* Niederlahnstein.

Lorch. Assmannshausen. Bingen.

ALL pleasant objects for a day's excursion up the Rhine and back by boat. From Lorch a drive should be taken up the Wisperthal, to the old ruin of Gerolstein, considered to be the finest point of the valley. At the mouth of the Wisper rises the ancient castle of Nollick,† one rugged cliff of which is known as the *Teufelsleiter*, or the “ devil's ladder.” Up this formidable ascent, so tradition says, a knight of Lorch, aided by the spirit of the rock, once rode, and so gained the hand

* 1125 ft.

† Mentioned 1110.

of the lady of his heart. Beyond Assmannshausen stands the ruin of Ehrenfels, built by Philip Von Bolanden somewhere in the beginning of the thirteenth century, and destroyed by the French in sixteen hundred and eighty-nine. Opposite Assmannshausen rises the Schloss Rheinstein, first mentioned towards the close of the thirteenth century; the origin of the castle is unknown. Fully restored, the Schloss Rheinstein is an interesting example of a mediæval stronghold. It contains some antique furniture, and a good collection of armour. Bingen, of early historic interest, was, in mediæval times, a free imperial town. Now so prosperous, it was repeatedly captured during the thirty years' war, and in sixteen hundred and eighty-nine was totally destroyed by the French. The Pfarrkirche, or Parish Church, dates from the fifteenth century. Above Bingen frowns the old Schloss Klopp, built on the site of an ancient fortress, erected by the Romans, who here did battle with the Gauls.* An object of interest in the neighbourhood is the Rochuscapelle, erected in memory of the terrible plague of sixteen hundred and sixty-six. The chapel stands on the brow of the Rochusberg and commands a fine view.

* * * *

THE above are the places most worth visiting on the Lahn and Rhine. Numerous other most enjoyable excursions are to be found in all directions. A trip to the Laacher See in the Volcanic Eifel, or up the beautiful valley of the Mosel to Trèves,† said to be the oldest town in Germany, can easily be performed in one day. Wiesbaden, too, as also Mainz and Frankfort, may be reached in about three hours by rail from Ems.

* 70 A.D.

† Trier.

For Cyclists.

OWING to the hilly nature of the surrounding country there is not much choice of wheeling roads in the immediate neighbourhood of Ems, but beautiful rides up the Lahnthal and down the valley to the Rhine may always be enjoyed. By taking advantage of train and boat, the Rheingau and Moselthal, both abounding in historic interest and natural beauty, can easily be reached, where many popular bits for wheeling are to be found

“ Between the banks which bear the vine,
And hills all rich with blossomed trees,
And fields which promise corn and wine,
And scattered cities crowning these.”

Byron.



APPENDIX



APPENDIX.



Kurtax.

STRANGERS, during the first week of residence at Ems, can gain admittance to the Kursaal and garden by taking a day ticket—cost fifty *Pfennige*—at the gates of the latter. Entrance to the morning concerts is free. Strangers remaining at Ems beyond a week are bound to pay a certain sum called *Kurtax*. This tax is collected by an official, who hands to the visitor a ticket, which, when requested, must be shown to the footman of the Kursaal. This ticket gives free admittance to the reading and play rooms, to the daily concerts, and to the weekly *réunion* or dance. For concerts and other performances, given by strange celebrated artists, as also to the more costly entertainments in the Kurgarten, an extra charge is made. Notice of these is always published in the *Kurliste*. The amount of the Kurtax,—available for the season—is eighteen *Mark* for one person, and nine *Mark* for each further member of a family. Children, grand-children, brothers (minors), nephews, nieces, unmarried sisters, wards, adopted children, come under the term member, always provided that these are not yet independent, and that they reside in the same house as the head of the family. Tutors, governesses, and companions count as members. Physicians and their families are free from tax; servants also and children under ten years of age. From the fifteenth to the thirtieth of September, day tickets, costing fifty *Pfennige*, can be taken, if preferred, by each person, instead of the season ticket.

The General Post Office.

(Kaiserliches Postamt.)

THIS is situated in the Roemerstrasse, near the Wandelbahn. Letters and parcels are delivered in the season five times a day. Office hours are:—

Week days, 7 a.m. to 8 p.m.

Sundays and holidays, 7 to 9 a.m. ; 12 to 1 p.m.

TELEGRAPH OFFICE—

Week days, 7 a.m. to 11.30 p.m.

Sundays and holidays, 8 a.m. to 1 p.m. ; 5 to 6 p.m. ;
8.30 to 11.30 p.m.

TELEPHONE OFFICE—

Week days, 7 a.m. to 9 p.m.

Sundays and holidays, 7 a.m. to 1 p.m. ; 5 to 7 p.m.

Money.

THE coinage in Germany is based upon a coin called a Mark, which is nearly equivalent to the English shilling. This Mark is divided into a hundred equal parts termed Pfennige. There are nickel pieces of twenty, ten, and five Pfennige, and copper pieces of two Pfennige and one Pfennige. There are gold coins worth ten and twenty Mark, and silver ditto of five, three, two, and one Mark, and of fifty Pfennige. The paper currency consists of bank-notes worth five, twenty, fifty, one hundred, five hundred, and one thousand Mark. The intrinsic value of the German gold coins is somewhat less than that of the English, an English sovereign being worth about twenty Mark, forty Pfennige.

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